

Medicines Use Review



Medicines Use Review Medicines Use Review (MUR) aims to help you better understand the medicines you take, how they work and what they do.

What is a Medicines Use Review?

It is a free service, funded by the NHS, which involves having a private consultation of around 20 minutes, with the Pharmacist, focusing on how you use your medicines. The aim of the review is to help you better understand the medicines you take, how they work and what they do. It will also help your Pharmacist identify any problems you may be experiencing such as side effects or interactions with other medicines.

The Medicines Use Review provides you with a great opportunity to:

- Ask questions about your medicines
- Discuss any worries you might have
- Enquire about any possible changes to your lifestyle

This service is available in England and Wales.

How does a Medicines Use Review work?

It is simple, just follow these steps:

1. If you are taking more than one regular medicine, or are taking medication for a chronic condition and have been getting your prescriptions from us for more than the previous three months, ask a member of our pharmacy team for your Medicines Use Review.*
2. Your Pharmacist may be able to complete your Medicines Use Review whilst your medicines are being dispensed. If this is not possible they can arrange a convenient time for you to call back.
3. You will need to provide a list of all of the medicines you take. Include medicines that your doctor has prescribed and ones you buy from the pharmacy or elsewhere (this includes vitamins, supplements). This will help our Pharmacist to give you the best possible advice.

*If you want to take advantage of our FREE service, but haven't been having your prescriptions dispensed at our pharmacy please ask a member of our team for details of our Repeat Prescription Service.

Why do I need a Medicines Use Review?

Many people take medicines, most of them without any concern or ill effects. The NHS recommends that certain groups of customers may benefit from having an annual Medicines Use Review:

- People taking prescribed medicines on a regular basis
- People taking medicines for a long-term condition such as asthma, arthritis, diabetes, epilepsy or coronary heart disease
- People recently discharged from hospital

Medicines can occasionally cause side effects, such as headaches, coughing, or breathlessness. Sometimes, one medicine may affect another medicine to create side effects. Some medicines can be difficult to use and require a certain technique to get the best from them and some people may find it difficult to take their medicines due to packaging they are provided in. The aim of the MUR is to ensure that the medicines you take are right for you, that you are taking them correctly, and so getting the maximum benefit from them. This includes

assessing whether you should be taking fewer medicines or need to change any of your medicines.

What about my GP?

This is an NHS service designed to complement the reviews you have with your GP. None of your medicines will be altered without the agreement of you and your GP.

Where will the Medicines Use Review take place?

Most MURs will take place in a consultation room. This facility provides you with the privacy to discuss your medicines freely and openly, without being overheard. You also have the opportunity to bring a family member or friend along with you, if you feel this would make your visit more comfortable. Please let the Pharmacist know before you visit if you wish to bring someone with you.

During your Medicines Use Review

Our Pharmacist will have an informal discussion with you about your medicines - what you know about them, when and how you take them. You might also be asked other questions, as follows:

- Your medical history
- Any allergies you have, including allergies to medicines
- How well you think your medicines are working
- Problems you have taking or remembering to take your medicines
- Which medicines you buy over the counter

Possible questions that you may wish to ask:

- What does my medicine do?
- How and when should I take my medicine?
- How do I know that my medicine is helping me?
- What side effects might I experience?
- If I do experience side effects, what should I do?
- Is it okay to take my medication with food or drink?
- Do I really need to take this medicine?
- How can I remember to take my medicines?

